

## The Birthing/postnatal Rescue Kit

Birthing can be filled with unexpected events and unknowns! The best way to come out of the experience with a smile (and a healthy baby of course), is to be as prepared as possible.

Content provided by the ladies at bebo mia -  
[www.bebomia.com](http://www.bebomia.com)



### What will you need for your big day?

> A labour doula! Do not think about going into your late pregnancy, labour/delivery or your postnatal period without one. They provide 24/7 informational, physical and emotional support to you and your support person. Think of them as your personal SurvivorMan for the big day!



> Lots of snacks and drinks. Make sure that you have juice, Gatorade and water (that you are consistently drinking) for your entire labour and postnatal period. Snacks such as dried and fresh fruit, granola bars and nuts will ensure you (and your support team) can keep going through the experience.

> Tennis balls and rice bags provide loads of physical comfort in labour.

> TENS Machine. Using a TENS (Transcutaneous Electrical Nerve Stimulation) has been shown to be a wonderful, safe and effective way of eliminating the discomfort associated with labour and increasing the body's own natural endorphins. Talk to bebomia about your TENS rental.

> Comfortable loose cotton clothing. If birthing at a hospital, you may not want to wear the stiff and 'hospital-y smelling' gowns, so your own clothes can make you feel at little more at home.

> A yoga ball. Some hospitals provide them, but a yoga ball creates the possibility for so many different position changes - something that is very important to make it through your labour.

> A comfortable cotton nursing bra and full-back cotton underpants. After you give birth you will want a comfortable nursing bra and panties on (stick with dark colours and have a few pairs of the Grannie Panties on hand!)

Good luck on your big day!

